Now a day modified lifestyle in modern era like, tobacco usage, physical inactivity & unhealthy diet became a major cause of Cardiovascular diseases. In modern era everything is running very fast like, bicycle, cars, trains, aeroplanes which gives speed to human & internet, mobiles which give speed to human work. In such type of schedule people have no time for food, sleep & other necessary daily routine work. These factors are causes of many diseases & specially Hridrog (Ischemic Heart Disease). The heart is the seat of consciousness, known as Hridaya, from which our word “heart” originates, as well as Mahat—the great. “The body with six divisions, sense organs, five sense objects, Atma (Soul) together with qualities, mind along with its objects are located in the heart.” Heart holds the aspects of the body together just like the central girder of a house. “It is seat of the excellent Ojas and reservoir of Chitta.” Depression can also indirectly impede heart health by contributing to unhealthy behaviors, such as some addiction, overeating, inactivity, social isolation, poor follow-up with medical care, and poor medication adherence. As the heart is seat of consciousness, the Ayurvedic classics emphasize that “One who wants to protect the heart should avoid particularly the causes of affliction of the mind.” According to the American Psychiatric association, “Hostility is a better predictor of coronary heart disease (CHD) in older men than a variety of other socio-demographic and physiological risk factors, including smoking, drinking, high caloric intake and high levels of LDL cholesterol. Stressed people with depressive mood are more prone to CVD. Patients with depression after MI have five times higher mortality risk compared with patients without depression.[31] Contemporary studies underscore the close relationship between heart disease and negative emotions. “Negative emotions are associated with increased CHD (chronic heart disease) incidence due to stimulation of sympathetic nervous system activity result in increased heart rate & blood pressure.” People do not take proper diet, sleep on proper time. Due to this Rasa get vitiated & not formed in required quantity & quality. Hriday is Mulasthana of
Rasavaha Strotas. So the change in lifestyle is naturally making the heart prone to disease. Now day’s increased competition is the main cause of stress. This is one of the main Hetu of Hridrog.

Keywords: Hridroga, Dincharya, CVD, Rasa Dhatu.

INTRODUCTION

Ayurveda is knowledge of ayush i.e. life. Ayurveda is system of medicine but it also emphasizes Swasthya & Dincharya. ‘Nidan’ is the causative factor for the disease. Different types of chikitsa mentioned in Ayurveda for different type of disease. Out of them Nidan parivarjan has also been mentioned as line of treatment for prevention of disease. Prevention of disease is always better than cure. Ayurveda is the only science which gives importance to Nidanparivarjan rather than eradication of disease or to cure disease. Dincharya, Ratricharya, Rutucharya, Aachar-Rasayan, Sadavruttapalan plays very important role in disease prevention, disturbance in that may leads to disturbance in Aahar, Vihar regularities & improper rest to mind & ultimately causes disease. Dincharya, Ratricharya, Rutucharya, Aachar-Rasayan, Sadavruttapalan is seat of Chetana.

AIM: Aim is to review the Dincharya, as Nidan of Hridrog.

OBJECTIVES

1. To review the literature of Hridrog.
2. To review the Dincharya.

METHODOLOGY

Review of Hridrog

The earliest description of hridrog is available in Charak samhita, followed by Sushrut samhit & Ashtanghriday. Charak & Vagbhata has described Hridrog as a part of other chapter while Sushruta has devoted a separate chapter to deal with the disease.

Types of Hridrog Five types of Hridrog viz. Vataj, Pittaj, Kaphaj, Sannipatik & Krimija have been described by Charak [1] & Vagbhata. [2] Sushruta has omitted Sannipatik variety. [3]

General causes of Hridrog According to Ayurveda, nidan of Hridrog revolve around the improper food intake & the way of living one’s life. Dosha’s of body (i.e. Vata, Pitta and Kapha) gets aggravated they vitiate Rasa Dhatu and find lodgment in the heart, producing various symptoms & characteristic pain in heart which is known as ‘Hridroga’ [4] Following are the factors that cause Hridroga, Excessive consumption of food having Guru, Ruksha, Ushna gunatmak ahar draytas etc, Excessive physical exertion (Ativayam), Excessive purgation & Excessive Karshan, etc External injury (Sharir and Mano- Abhighat), Side effect of wrong medication, Suppression of natural urges (Veg- Vidharan), Stress (Trass), Fear (Bhaya), Anxiety (Chintaj) [5]
Comparative study of the Pathogenesis of Hridroga (Ayurveda VS. Contemporary Science)

**Kulaja Vikara (Familial factors)**  
**Mithya Ahara – Vihara (improper diet & sedentary life style)**

- **Sanchya**
- **Prokopa**
- **Prasara**

- **Ama formation & Rasa – dushti**

- **Dislipidemia**

- **Sathanasanshrya**

- **Atherosclerotic Changes**  
  *(Sroto sanga / Dhamni – Pratichayam)*

- **Uccharaktadab (Hypertension) & Coronary artery disease**

**Review of Dincharya** Ayurveda considers four factors which constitutes life i.e. Sharir indriya satva a tma samyaga dhari jivitam. *As per Ayurveda* Jeev sharir is a sensitive instrument affected by everything in environment, from *sukshma* (Subtle) to *vrihat* (physical level). Lifestyle is a set of attitudes, habits or possessions associated with particular person or with group. In terms of *Ayurveda* lifestyle means all things that produce effects over our body, mind & spirit. It includes the place where we live, that’s condition, environment, weather, food habits, our habitual thoughts & beliefs as activities like exercise sleep, driving, and works even live making. However sometimes it seems that we are not in control of it, most of time due to work schedules. These all depends on our choice about how we live our lives are the input we have. Hence the health or disease is directly related to good or bad lifestyle.

**DISCUSSION**

In today’s era Younger age group is more prone to have effect on lifestyle due to number of reasons it may be due to workload, improper food habits & food timings, improper sleep, stress & as a general rule little careless attitude towards health issues. It is seen that male are more affected by the modern lifestyle because they are more exposed to it.

The modern day lifestyle everyone is crazy to utilize the day, mostly driven by earning money or activity for entertainment. It may be working in double shifts, watching the television or
working on computer up to late night. The least thought is given to sleep. Due to that waking up at Brahma muhurta seems like impossible task. If person gets up at Brahma muhurta, mala pravrutti takes place during natural kala of vata. But when people skip it, the mala Pravrutti takes place in Kaphakala, which is unnatural. When it happens again & again over a long period of time, Guru & Shita kapha opposes the movement of Apanvayu ultimately leads to Pratilomagati apanvayu, Purishasanchiti & Agnivikriti. This results in samprapti process of Udavarta & Rasa Dushti which are the fundamental causes of Hridroga.

**Use of air conditioner:** Air produced by it is Shita & Rukshagunatmak. So, frequently using air conditioner may increase Vata dosha in sharir, looking at hridroga from this perspective, we can assume that vitiated VataDosha is the main cause of Hridroga, as the Dhatu Gati (Rasa Gati) or Vikshepa is achieved by Vayu itself. [6] Pitta and Kapha complement the effect of vitiated Vata and support the progress of the disease with Rasa, Rakta (whole blood) being the main mediator of vitiation.

**Diwaswap (sleeping during day time):** If people sleep after meal then it increases snigdhaguna & tridosha prakopaka, but mainly causes kaphadushti which leads to agnimandya & ultimately ama formation. Due to Ama formation there is medo dhatwagni mandya which over a period of time resulting in obesity which is a risk factor for Cardiovascular disease.[7] Alongwith that ama formation leads to rasa dhatu & rasavaha srotas dushti, hence it is considered as nidan of hridroga.

**Abhyanga:** Just as by oiling the pot, leather & the axle of hole of the cart they become strong, similarly the body becomes dridh, sthira & skin becomes healthy by anointing it with oil. It subsides vatavriddi janya vikaras & people become capable of withstanding fatigue & exercise. Now a day’s people do not take daily abhyang & some people do not do abhyanga ever that causes vatavrudhdi. Gradually increased vata dosha affects body & as per age it may cause hardening of vessel wall result in atherosclerosis. So it might be cause of Hridroga.

**Ayyayam:** Vyayam is Agnidipak, Sharirlaghavkar & makes fresh to all Indriyas so as to grasp their indriyarta actively. Ayyayam causes Agnikriki both i.e. jatharagni & dhatwagni causes, Ajirna which leads to Ama formation & Kaphavikruti. Ayyayam causes Medovahasrotas dushti[8] & Medovruddhi. It is known to us that Sira are nourished by Mrudupaka of Sneha of Medadhatu. & if Meda is formed Apakwa state, the Sneha from such meda will leads to abnormal nourishment of Sira which will lead to possible blocking of Sira & gradually resulting in hridroga over a period.

**Vegadharan:** There are two types of Vegas, Dharniya (should be suppressed) and Adharniya (should not be suppressed). Forceful suppression of Adharniya vegas of body is called Vegavrodha. Initiation & suppression of these urges is Karma of Apan vayu. [9] Due to Vegadharan & Vegaudeeran Vata Dosha gets vitiated and results into a disease[10] There are 13 ‘Adharniya Vegas’ out of them nine Vega shows symptoms related to Hriday like Hridrog. They are[14].

1. Adhovata (Flatus) (Hrudgad) - Hrudgad iti hrudrog,
2. Shakrut (Faeces) - Hrudayasya uprodhanam,
3. Mutra (Urine)- Purve cha prayo rogah,
4. Udgar (Belching) - Vibhandho hruday urasa (hruday uras vibandh rajwadibhi badhyamanyo ev dukham.),
5. Trushna (Thirst) - Hrudgad,
6. Shramshwas - Hrudrog,
7. Bashpa (Tears)- Hrudrog,
8. Kasa (Cough) - Hrudayamay,
9. Shukra (Semen) - Hruday vyatha

Udavarta: According to Sushrut this Vegavrodh is ‘Udavarta’. As per acharya Charak ‘Udavarta’ is nothing but the reverse movement of Apan vayu. Total there are 6 types of Udavarta, out them three are due to Mala, Mutra and Adhovat vegavarodha janya. Excretion of Mal, Mutra and Adhovat is karma of Apanvayu.

Oppression of Mala vega: Mala vegavarodha Malasanchaya Mala avritta Vata (Vidavritta Vata) Forceful udeeran of Mala Apan Vayu dushti due to Vata & malasanchaya Hrudayshthit PranVayu dushti

Suppression of Mutravega: Mutra vegavrodha causes pain in guda, basti & shir along with basti aanah, etc. But if someone do it daily or habitually it will cause aggravation of apan in Pakwashaya ultimately leads to Udavarta. It also causes Shakrut and Adhovata Veg-vidharana janya roga.

- Cigarette smoking & tobacco chewing: These are major cause’s hridrog, it do not cause Hridroga directly but smokers & tobacco chewers are comes in high risk person for cardiovascular diseases. Nicotine present in tobacco when mixes with blood causes rakta, pitta and ojavikruti. Hriday collects rasa & pump it in systemic circulation. Manas, oja & sadhak pitta resides in hriday & it is mulasthan of rasavaha, pranavahastrotas it may cause hridrog.
Stress: Ati chinta is the hetu for rasavaha srotodushti & manovaha srotasadushti. Due to excess worrying, hridaya sthita sadhaka pitta vitiated. Stressful situations raise heart rate and blood pressure due to activation of sympathetic nervous system adrenaline comes out which increases heart rate & blood pressure, which can injure the lining of the arteries. Along with that increased heart rate also increase oxygen requirement. This need for oxygen can bring on angina pectoris, or chest pain, in people who already have heart disease. Stressed persons with depressive mood are more prone for heart disease rather than other one.[25]

TAILIYA AHIR (OILY FOODSTUFF):
Snigdha, madhura ahara, tailiya, guru ahar & sedentary lifestyle causes agnimandya jatharagni & dhatwagni leads to Ama formation. These rasadhatugata Ama can be correlated with hyperlipidemia. Ultimately this will lead to obesity & improper nourishment of further dhatu. Vitiated Rasa dhatu (Amarasa) obstructs the hridayavahini dhamni & results in hridroga.[26]

MADYA: Madyapan disturbs the normal function of the heart. In excess quantity, it is tridoshprakopak and destroys Ojas present in Hridaya. It badly affects heart. Madya sevan causes ojakshay, raktadushti, dhatukshay, tridoshprakopa & manadushti. Ushma present in Madya leads to improper nourishment of sira which leads to the formation of Hridroga. As per Ayurveda the Hriday & annavahasrotas are interrelated ‘Tatra pranavahanam srotasam hriday mulam mahasrotasashcha’ means hridaya & mahasrotas are mula of Pranavaha Srotas. Rasavaha srotas mula is also hridaya. They are interrelated and rasavaha and pranavaha srotodushti ultimately results in heart disease. [27]

INSOMNIA (ANIDRA): As per Ayurveda sleep is important factor for health. It is told that Nidra and Ahar are the two pillars of health. Due to ratrijagran there is vataprakopa; as this is Vataj Kala & more specifically vitiates prana, udan & apanvayu alongwith agnivikruti & rasadushti. Anidra / Nidranasha cause an imbalance in Tarpaka Kapha, Sadhaka Pitta and PranaVayu. Ultimate goal of deep sleep as ayurvedi point of view to fabricate the Ojas, because it has been proven from research that, only the deepest and most restful sleep i.e. Stage four sleeps, fabricates Ojas. Pran, udan & apan vayu, Tarpak kapha, Sadhak pitta & oja affected by anidra & these all resides in hridaya.

VISHAMASHAN: It means Improper & irregular meal timing which is very common in today’s lifestyle. Abhyavaran Shakti i.e. intake of meal depends upon strength of Agni. Vishamashan for long time causes Agnivikruti then Ajirna & later leads to Amlotpatti & Kaphavikruti. Due to Vishamashan there is improper formation of Rasa Dhatu and Hridaya is Mulasthan of Rasavaha srotas. ‘Rasastu hridayam yati saman marute ritah’ as per this shloka when saman vayu carries these dushta rasa to hridaya & hridaya circulates it all over the body by systemic circulation. Dushta rasa causes improper nutrition of all Dhatus results in improper formation of Oja. Rasakshaya and Ojakshaya is harmful for Hridaya as hridaya is sthana of Oja. This is caused by Asatmya ahar, Ahitashan, Ajeernashan & Akalbhojan. Refrigerated food, junk foods, cold drinks leads to Agnivikruti & further Amlotpatti, Rasa Dushti & can be contributing factor for Hridroga. Ice is Snigdha, Guru & Shitagunatmak can cause
Carbonic acids are found in Cold drinks which are aerated drinks. They are Usna & Drava by Gunas, causing Pittaparakopa, Mandagni & Raktadushti. Amla rasa leads to Dhatusaithilya. Viruddhashan, ahitashan, samshan, adhyashan cause Amadosha which works like Visha & hence possible cause of Hridrog.

CONCLUSION
Modern lifestyle plays major role in the genesis of Hridrog & is responsible as Hetu of Hridrog. Everyday someone young & successful dies & most of them die due to heart disease. Research has now shown the onset of heart problem is due to our modern lifestyle changes & indulgence in improper food habits & activity. The life we lead today is more stressful as compare to that of our forefathers. With the advent of processed & innovative fast foods & influx rapidly of so many technological innovations like television, computers, internet & multimedia our whole pattern of living has undergone such a drastic transformation that some of these changes have had a determining effects to our health. These have led to increase in number of people suffering from Hridrog.

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